



JUN 2004

PT SCHEDULE

REMEDIAL PT WILL BE THREE DAYS A WEEK. PT WILL
START AT 0600.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CO
	1	2	3	4	AGR: ABILITY GROUP FUN: FAST CONTINUOUS SCR: SLOW CONTINUOUS SGR: SM GRP RUN OBR: OFF BASE
ACT: 10/SU PYRAMID INT: CARDIO/RESP/ME	7 11	8 ACT: SPRINTS INT: CARD/RESP DUR: 40-60 MIN	9 ACADEMIC TEST NO PT		RUN ACT - ACTIVITY INT - INTENT DUR - DURATION
INT: 10/SU PYRAMID INT: CARDIO/RESP/ME	14	15 STUDY PERIOD NO PT	16	17	FMF - TEMPORARY MUSCLE FAILURE BUDY-BUN: 2 HEART Rate Rate different AGR
INT: 10/SU PYRAMID INT: CARDIO/RESP/ME	21	22 KERKESNER FTX NO PT	23	24	complete designated course. IMP- IMPROVEMENT ME - MUSCLE ENDURANCE MS - MUSCLE STRENGTH
	28	29 KERKESNER FTX NO PT	30		NOTE: IF YOU ARE UN- FAMILIAR WITH AN EXERCISE ROUTINE INDICATED. SEE THE DRAFT PT MANUAL, FM 3- 25-20, FM 21-20